

June 2022



THE LEG CLUB FOUNDATION SIX MONTHLY **Progress Report**



Welcome to the six-monthly update for all those of you who are providing the Leg Club movement with the generous support that we need, not just to survive in these difficult times, but to thrive.

We've got a lot of news for you!

Since the December 2021 Leg Club update, I'm pleased to report that the charity is still focused on the wellbeing of the individual. This means both our members and those who want to learn how they can be empowered by our Leg Club philosophy.

Clearly, we cannot do this without the support of multiple stakeholders. Through these partnerships our aim is to raise awareness of all aspects of preventative management and public health promotion to as wide an audience as possible. At the same time, we want to provide guidance, expertise, and knowledge to support and ensure good practice in lower limb care delivery. Meeting these goals while maintaining equity and ease of access to healthcare resources represents a significant challenge.

Ellie Lindsay OBE *Life President*

Getting Back in Action!

In essence, the psychosocial Leg Club model for lower limb care is a face-to-face service where social relationships are formed. The Covid-19 pandemic and subsequent social distancing regulations had major impact on how healthcare was delivered. Many Leg Clubs were suspended and so for some people the news of restrictions finally being relaxed in early 2022 was met with



Leg Club Podcasts!

WUWHS Abu Dhabi

22 Challenge

Annual Conference

mixed feelings and concerns about volunteering and socialising.

Regardless of age, many people have been worried about the virus for a long time, so it's hard to switch off that feeling overnight. Easing of restrictions has allowed us to get back to delivering treatment and care within the Leg Clubs, which is fantastic. However, getting back out and reintegrating into the community may bring some challenges too and it can take time to readjust.

To rebuild confidence, mental wellbeing, and physical health, the clinical teams provided outstanding support to their volunteers and members. They provided reassurance and encouraged their volunteers and members to reintegrate back into their local Leg Club and begin socialising again.

To compliment NHS provider policies, revised 'Tips' was produced on how Leg Clubs can reopen safely, with appropriate NHS and Government website links provided <https://www.legclub.org/easy-reading-tips-and-guidance>



Our New Podcasts – a wealth of person-centred experience!

We established a Social Media and Communications (SM&C) Committee, driven by colleagues committed to the work of the Leg Club model and its community. A SM&C social media policy was designed, and a concerted effort was made to update and augment the information we provide through our existing Twitter, Facebook, and LinkedIn accounts and increase our followers.

To ensure a range of useful topics were covered for all generations, a Leg Club YouTube channel was created by our secretariate and media platform coordinator, Lynn Bullock, and creative media colleague Graham Hobbs. Its purpose was to develop podcasts on a range of holistic topics relating to the whole person. This necessitated the creation of an International Leg Club Committee (ILCC) which comprised clinicians, academics, and non-medical colleagues working in lower limb care and related subjects. Its purpose is to develop podcasts on a range of universal topics relating to the whole person. The YouTube channel has received immense encouragement and excellent contributions by the Leg Club network and Leg Club Industry Partners (LCIP). https://www.youtube.com/channel/UC0_bQG1gr2T8BM3noyKRlg

Our Facebook page <https://www.facebook.com/LindsayLegClub/> has tips for exercise and maintaining quality of life. It also provides a platform for news and links to other helpful resources.



2022 WUWHS meeting, Abu Dhabi Patient Advocacy

Expansion of health promotion includes raising awareness of preventative management of all aspects of lower limb-related problems to the public. As a Sister Associate (non-voting), the Leg Club movement was again delighted to collaborate with the World Union of Wound Healing Societies (WUWHS), chaired by Professor Keith Harding, CBE, Patron. We were delighted to take part through a symposium programme representing the WUWHS Leg Club advocacy panel and presentations addressing person-centred care.

The Leg Club science committee chaired by Ellie Lindsay OBE with support by Roland Renyi, secretariat, formed an International Patient and Carer Advocacy Panel. The panel adopts a multi-faceted approach that empowers those experiencing leg- and foot-related problems, along with those who care for them, to ensure that effective treatment is provided.

Our international symposium at WUWHS

focused on ways to bridge the gaps between those providing healthcare and those receiving it, so that treatment can always be a partnership. The joint vision of this international consensus group is to empower and improve quality of life for individuals receiving wound care. The group has:

1. Developed a practical algorithm for practitioners and easy-to-read public information literature
2. Distribute information to support individuals and their families from admission to pre-discharge
3. Cultivated a programme to educate and involve physicians more proactively in the wound-management process
4. Ensure the pre-admission and post discharge assessment process is interactive.

When it comes to the long-term care of those who are suffering from long-term chronic conditions such as leg ulceration, it is so important to us that no one gets left behind. Symposium videos and IPCAP leaflets are available on the Leg Club website www.legclub.org



WUWHS general programme

Also featured in the WUWHS conference programme was the work of the psychosocial Leg Club model confronting issues relating to person-centred care. The presentations addressed the broader influences on health, social, cultural, environmental, and economic factors as opposed to just disease and injury. As the Leg Club model continues to grow and gain recognition with almost 17,000 members and approximately 200 volunteers at our fifty Clubs, we are seeing concrete evidence of the clinical effectiveness of this model, where volunteers, members and healthcare professionals all collaborate within a social model of care:

McIntyre N, Galazka AM, Lindsay E, Bawden R, Renyi R. A relational database within the Leg Club Network: an audit. *Int Wound J.* 2020;1–9. <https://doi.org/10.1111/iwj.13522>

ConVEINsation week and the 22 Challenge!

Once again, the International Leg Club Committee, Leg Club community and our Leg Club Industry Partners played an active role in the 2022 vWIN Vein week (4th- 10th April 2022), celebrating World Health week.

As part of a week filled with public health education and collaboration, Leg Club friends, colleagues and supporters undertook the 22 challenges by engaging in an activity that promoted lower leg health by increasing the pump action of the calf and aiding circulation.

This year saw contributions from all generations and some colleagues involved their families from babies to the older generation. Everyone who took part really demonstrated the importance of being active, whatever form it takes, to keep that calf pumping. Congratulations to everyone involved.



ConVEINsation videos available via: https://www.youtube.com/channel/UC0_bQGI1gr2T8BM3noyKRlg

WE'RE BACK! Return of the Annual Leg Club conference, September 2022

"People in wound care have a personality that elevates the soul of medicine"

The Annual Leg Club Conference is a unique event in the UK Wound Care calendar and this year celebrates the Silver Jubilee of the Leg Club model for lower limb care (1995 to present). The conference provides an opportunity for all practitioners involved with wounds and leg ulcers in primary and secondary care to share best practice and hear from experts in the field. It is also a chance for individuals who are hoping to set up a Leg Club to find out more about the model.

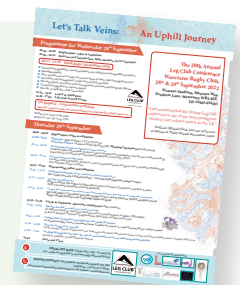
Each year the aim of the conference is to bring wound care people together in a way that no other conference does because it covers:

Practical issues – Designed and planned in conjunction with our Leg Club Industry Partners, to provide workshops focus on practical approaches to wound care, without bias, in conjunction with leading clinicians in the field. Our workshops provide insightful information on how we can help individuals feel better, more empowered, happier and lead more fulfilling lives.

Wide ranging – Our plenary sessions cover broad issues in current day wound management.

Holistic – We never forget that the promotion of the wellbeing of wounded people is paramount, whether they are attending our Leg Clubs as members or not.

The past six months have been extremely productive, and I hope with your ongoing support our next end of year update will once again end on a positive note!



The Leg Club Industry Partners (LCIP)

An objective of The Leg Club Foundation is to implement best practice for the prevention of associated lower limb conditions to the public. This is achieved through support from the The Leg Club Industry Partnership (LCIP) membership. LCIP members play an active role within the Foundation and Leg Club network and have removed traditional barriers between supplier and healthcare professionals. The LCIP members have developed a collaborative altruistic approach to public health education and effective communication strategies. This has been achieved through active dialogue with charitable organisations such as Age UK. This partnership facilitates the production of educational materials about lower limb issues along with wider health issues such as mental health and wellbeing.

One recent LCIP project was the creation of a leaflet entitled *'What is an ABPI?'*

Many of our members are affected by lower limb leg ulcers. To treat the ulcers correctly we first need to determine the aetiology. This is done using a handheld Doppler or an automated ABPI machine. The purpose is to rule out arterial disease and help identify the cause of the ulcers. We can then treat them appropriately, for example, with compression wraps or bandages. Our project group devised the leaflet so that our members are fully informed ahead of the test being performed.

The information will be available as a leaflet and a poster to be used in our clinics, Leg Clubs, GP Surgeries and online via the Leg Club website.

Another positive contribution has been the production of audio podcasts ranging from the modern-day role of LCIP clinical

specialists to information on early signs of venous disease, diet, and general wellbeing.

In April the LCIP enthusiastically contributed to the 2022 vWIN Foundation World Health week by producing virtual videos on an eclectic range of subjects. This event globalised the importance of venous and lymphatic disease. Alongside the health promotion activities, the LCIP actively participated in the '22' challenge; an event that encouraged all age groups to take up a physical 22-second physical challenge and submit a video of it. This simple but brilliant idea motivated people of all age groups and abilities to participate.

As part of project work undertaken by the LCIP, and with permission by fellow partner 3M, a Member Passport was developed for attendees of Leg Clubs across the UK. The passport was adapted from an original document designed for NHS patients which aimed to reduce and simplify the sometimes overly complicated language used when receiving medical care, specifically for the lower limb.

The Leg Club passport incorporates member-focused education, frequently asked questions and information regarding the treatment and management of lower limb wounds. It also empowers members to take ownership of their condition and actively encourages them to vocalise needs, challenges, and concerns during their treatment. The passport aims to reduce the daunting nature of wound management and aligns perfectly with the Leg Club ethos of being a welcoming, social model of care. This is the beginning of many member-focused collaborations between the Leg Club and the LCIPs and paves the way for the delivery of bespoke material with significant benefit to members in the UK and further afield.

